

Stuffed Bell Peppers

Ingredients:

1 pound of ground turkey
1 small chopped onion
1 large egg
1 can Rotel
4 slices of whole grain bread (crumbled)
1 tsp. salt
½ tsp. black pepper
1 can (6 oz) tomato sauce
green, orange, red, yellow bell peppers (6)

Directions:

Preheat oven to 400 °. Put meat in a mixing bowl. Add chopped onion, egg, Rotel, bread crumbs, salt & pepper. Mix ingredients with hands. Divide meat mixture into 6 parts. Cut tops off bell peppers and remove the seeds. Fill peppers with meat mixture. Add 2-3 tbsp. of tomato sauce to each pepper. Place peppers in greased 8x8 baking dish. Bake for 45 minutes. Makes about six servings.

Katherine Allen

Anderson County

Intermediate - Main Dish